Digital Professionalism 📱 vs The Dinosaurs 🦖

In a famous reddit exchange from about 7 years ago, this question was asked:

*If someone from the 1950s suddenly appeared today, what would be the most difficult thing to explain to them about life today?*

**Nuseramed** replied:

*I possess a device, in my pocket, that is capable of accessing the entirety of information known to man.*

*I use it to look at pictures of cats and get in arguments with strangers.*

The response went viral.

*Source: https://memerial.net/6067-i-possess-a-device-in-my-pocket*

The iPhone revolutionised how we use mobile phones. Although there were internet-connected phones years before the iPhone came along, it wasn't until the iPhone was released (2007 in the US + Europe, 2008
in Australasia) that it started to become normal to access the internet while on the run, not just at a desk. Furthermore, the explosion of apps that followed the iPhone release made it clear that making phone calls and sending text messages were the least fun things you could do with a mobile phone.

Which brings me to the point of this post. Smartphones don't have to be used for looking at cat videos and getting into arguments with strangers. Smartphones can a terrific asset to nursing work, but there’s sometimes a weird reluctance from nursing's leaders to encourage or even permit their use. This reluctance was noted in a recent Journal of Advanced Nursing editorial:

I could wave my hands around and talk about why nurses should embrace, not avoid, using smartphones. It might be a bit abstract though.

We could ask more people to google “mHealth” so they can see there's a whole field of study about using smartphones in health care.

Instead, let's just list a dozen real-life examples of how clinicians use smartphones at work:
Google translate does not replace using an interpreter, but for occasional words or phrases it's terrific, especially if you use the Voice or Conversation functions.

---

Patient: “Umm. I don’t know how to say it in English.”
Me: “Try saying the word into my phone instead.”

Google translate:

Google Translate

Italian  ➡  English

ITALIAN

cistere

Camera  Handwriting  Conversation  Voice

ENGLISH

enema

7:39 AM - Nov 2, 2019 - Cairns, Queensland

See Paul McNamara's other Tweets

---

Paul McNamara
@meta4RN

Digital Professionalism 🔄
The Dinosaurs 🦖 twitter.com/notesforreview…

Bec @notesforreview
Replying to @notesforreview
I was struggling to communicate with a person due to dementia. Discovered she loved dogs so put photos/videos on my phone & used during our interactions. ⬇️ anxiety, ⬆️ confidence + communication &
Overcoming communication barriers often relies on creative solutions. If you can break the ice/engage the person using content you can access on your phone you absolutely would, wouldn't you?

In Australia the medication bible is MIMS. Having MIMS on your phone = being able to check on medication info quickly and easily wherever you are. There's a free 7 day trial, then they'll charge you $ome monet$ (I'm assuming/hoping it's tax deductible for nurses, doctors and pharmacists).
Mindfulness/stress-management can be much easier if there's a framework and tools to guide you. The free and credible SmilingMind app does just that.

“See this app? It's free, evidence-based, helps with stress-management, and is endorsed by @beyondblue. Do you want to put it on your phone now?”

SmilingMind app meta4RN.com/mHealth

Mindfulness/stress-management can be much easier if there's a framework and tools to guide you. The free and credible SmilingMind app does just that.

“Oh. You haven't been to the community health centre before? See here? From your place take a hard left at the Smithfield roundabout. It's a couple of hundred metres down that road on your right.” meta4RN.com/mHealth
Google maps is great for this sort of thing.

Paul McNamara
@meta4RN

6 Digital Professionalism
0 The Dinosaurs

“Yeah, you’re right: NGs are irritating and hospital is pretty boring. The good news is your nutrition and health have improved HEAPS since admission.”

Mediquations app meta4RN.com/mHealth
Calculating BMIs is a tad tricky with pen and paper. The Mediquations app does it for you.

“If it’s OK with you, I’ll send a copy of today’s Edinburgh PND Scale to your Midwife and GP. Do you want a copy too?”

Mediquations app meta4RN.com/mHealth
Screening tools like the Edinburgh PND Scale don't have to be paper-based. This one is on the Mediquations app. It calculates the score automagically, and the whole thing can be emailed to cut and paste into the electronic medical record, so the woman can track her changes/progress, and/or shared with others on the clinical team.

Paul McNamara
@meta4RN

“Is now a good time to talk about a safety plan together? Let’s get this app on your phone. It’s free, endorsed by @beyondblue, and gives us some ideas on what sort of things to include.”
BeyondNow app meta4RN.com/mHealth
In the last couple of years there has been a push towards making sure that people who experience suicidal thoughts have a safety plan. Some organisations have created forms for this sort of thing. That might be OK for the organisation, but how handy is it for the person? For most individuals it would be MUCH more handy having a shareable safety plan on your mobile phone. If you haven't done so already, sus-out BeyondNow.

Paul McNamara
@meta4RN

“Yes boss. I have evidence of my self-directed learning readily available. I keep my CPD record in my pocket. 😊” @Ausmed CPD app meta4RN.com/mHealth
I used to struggle with CPD documentation. With an app you can do it in real time, and readily access it PRN. I used to use the C4N app, but it was a bit clunky. The free Ausmed one is better. There are probably other CPD evidence-based record apps. Wouldn't it be nice if ANMF and/or AHPRA provided their fee-payers with a free, easy-to-use, and fit-for-purpose CPD app?

I’ve never been to Aurukun. Is it OK if you show me around town?” (phatic chat often builds rapport meta4RN.com/phatic)

Google Maps app meta4RN.com/mHealth
A previous blog post called “Phatic Chat: embiggening small talk” introduced this example of how Google maps can help bridge cultural and language barriers by demonstrating interest, openness and respect.

Paul McNamara
@meta4RN

Digital Professionalism
The Dinosaurs

[phone referral] “Umm, Klinefelter’s? I’ve heard of it, but wouldn’t pretend to be an expert.”
Eponyms app meta4RN.com/mHealth
I must have been away the day they told us about Klienfelter's syndrome in nursing school. This app makes me sound much smarter than I really am.

Accessing info online (eg https://www.nmsupport.org.au) is a legitimate way for nurses to improve the safety of their practice and to support each other. Why on earth would nursing's leaders want to restrict ready information access?

Paul McNamara
@meta4RN

12 Digital Professionalism 📱
0 The Dinosaurs 🦖

“One last thing before we go home. There is specialised support available for us nurses and midwives. It doesn’t matter if you’re an EN, RN or student - we all have a 24/7/365 safety-net.”
meta4RN.com/mHealth

8:03 AM - Nov 2, 2019 · Cairns, Queensland

See Paul McNamara's other Tweets
Score

That's the end of the list of a dozen real-life examples of how clinicians use their smartphone at work. Here's the score:

Digital Professionalism ☒ = 12
The Dinosaurs 🐋 = 0

Snippily Sarcastic Suggestion

Does your nurse manager, nurse educator, university lecturer or clinical facilitator need to know about this stuff?

Here 👇 [click link to open] 👈 is a PDF version of this blog post that you can print and mail or fax to them. After all, we wouldn't want to risk using a modern digital technology like email, would we? 😞

End

Do you have other examples of Digital Professionalism? Please feel free to add them in the comments section below.

Thanks for visiting.

Paul McNamara, 2 November 2019

Short URL meta4RN.com/mHealth


References


This work is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License

This entry was posted in Blog and tagged digital professionalism, geeky stuff, innovation, mHealth, mobile